

DIETARY GUIDELINES FOR AMERICANS

Learn the ABCs of Good Health

Aim for Fitness

Build a Healthy Base

Choose Sensibly



AIM for Fitness

Aim for a healthy weight

- Balance what you eat with daily exercise
- Teach your children good eating habits

Be physically active each day

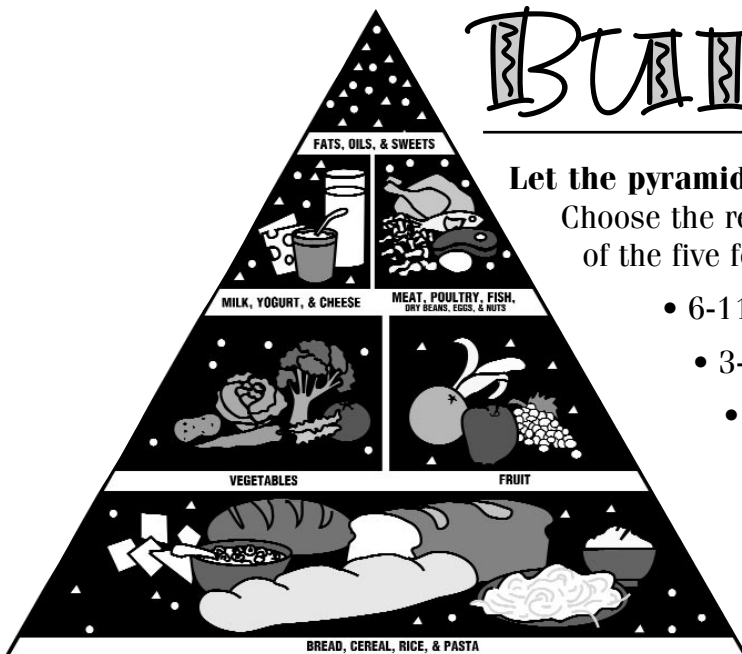
- Create an exercise schedule
- Exercise for 30 minutes daily
- Walk or ride a bike
- Walk the stairs
- Play with your children
- Swim or do water aerobics
- Dance
- Clean your house
- Garden

BUILD a Healthy Base

Let the pyramid guide your food choices

Choose the recommended number of daily servings from each of the five food groups:

- 6-11 servings bread, cereal, rice and pasta
- 3-5 servings from the vegetable group
- 2-4 servings from the fruit group
- 2-3 servings from milk, yogurt and cheese group
- 2-3 servings from the meat, fish, beans, eggs and nut group
- Use fats, oils and sweets sparingly



Eat a variety of grains daily, especially whole grains

- whole wheat bread
- whole grain cereal
- oatmeal
- whole barley
- corn tortillas

Eat a variety of fruits and vegetables

- Eat at least 2 servings of fruit and 3 servings of vegetables each day
- Choose fresh, frozen, dried, or canned
- Choose fresh fruits more often than juices
- Eat plenty to help protect against heart disease and cancer

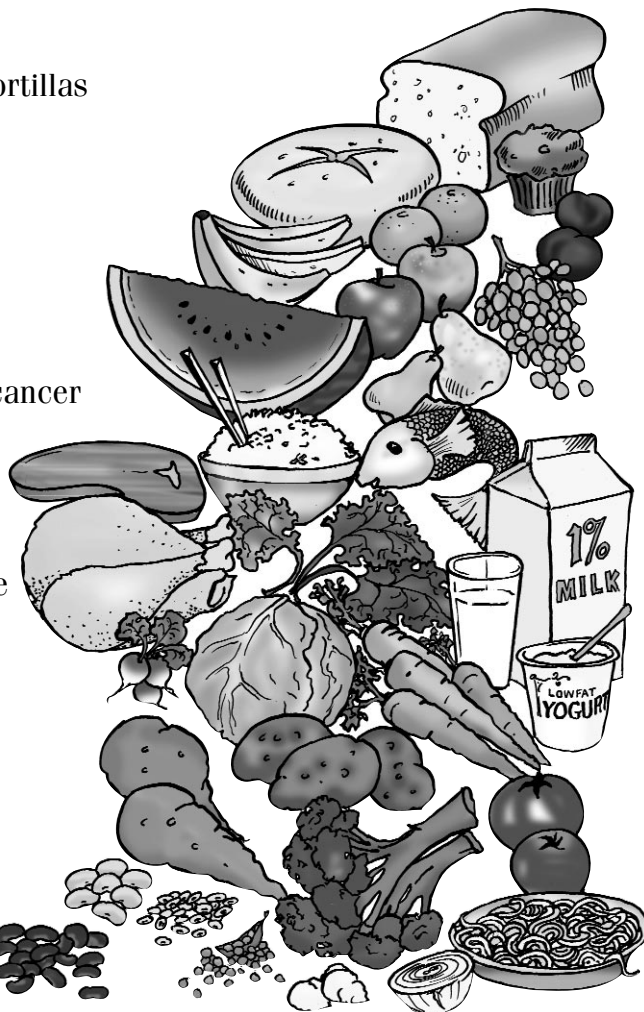
Keep food safe to eat

- Wash hands and counter tops
- Keep raw meat away from other foods
- Cook meats until they are no longer red or pink inside
- Refrigerate leftovers within two hours

CHOOSE Sensibly

Choose a diet low in saturated fat, cholesterol, and moderate in total fat

- Use the Nutrition Facts Label to help choose foods low in fat, saturated fat, and cholesterol
- Use liquid vegetable oils
- Limit use of lard, butter, stick margarines, and canned shortenings
- Choose fat-free and low-fat milk products



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Sample of a Nutrition Facts Label from a frozen macaroni and cheese product.

Choose beverages and foods that limit intake of sugars

- Limit soft drinks, candy, cakes, cookies, artificial fruit juices, and ice cream
- Drink water often, 8–12 cups per day
- Drink more milk (skim or 1%) and 100% fruit juices
- Make low sugar desserts

Choose and prepare foods with less salt

- Look for low-sodium labels; they contain 140mg or less of sodium per serving
- Limit lunch meats, hot dogs and sausage
- Choose low-salt canned vegetables, TV dinners and ketchup
- Limit soy sauce
- Use low-salt seasonings, herbs, spices, onion, garlic, vinegar and lemons to flavor food

If you drink alcohol, do so in moderation

- One drink per day for women
- Two drinks per day for men

One drink is equal to:

- 12 oz. beer or
- 5 oz. wine or
- 1.5 oz. 80-proof liquor